



☎ 0414 970 019    ☎ 07 5577 9881

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**MICRODERMABRASION**



## What is Microdermabrasion?

Microdermabrasion is the most natural way to evenly and safely exfoliate the skin without chemicals or a laser. The exfoliation process rejuvenates the skin by utilising ultra-fine crystals/diamond heads to remove the upper layer of the epidermis. Studies have shown that microdermabrasion increases the production of collagen and elastin. The final result is firmer, more youthful skin over time.



## How does it work?

### *Diamond Microdermabrasion*

Diamond microdermabrasion relies on the microdermabrasion tips covered in tiny diamonds to perform skin exfoliation. When the diamond tip makes contact with the skin it abrades against the top layer pulling it off. The microdermabrasion machine then sucks the loose dead skin cells away from the face.

## What types of results can be expected?

In addition to surface exfoliation, microdermabrasion promotes the production of new cells in the basal (deepest) layer of the dermis.

Microdermabrasion will minimise:

- Fine lines and wrinkles
- Dull or congested skin
- Enlarged pores and blemishes
- Stretch marks
- Lighten age or sun spots

## Frequently Asked Questions

### How many treatments are necessary to see results?

You will see results after the first treatment; however the most dramatic results will be seen between four to six treatments.

### How often should microdermabrasion be performed?

Once every seven to 10 days for the first four to five treatments. From there a maintenance schedule of once every four to six weeks is usually recommended.

### Is microdermabrasion only for the face?

It can be performed on any part of the body.

### Who can undergo microdermabrasion treatments?

Anyone interested in improving the appearance of his or her skin, regardless of skin type and age.

### What does a microdermabrasion treatment feel like?

Responses vary from person to person but is certainly said to be more tolerable than getting waxed.

### What is the average treatment time for the face?

Use of the equipment is typically 10 to 15 minutes. The entire procedure including pre and post treatment protocols is 30 to 40 minutes.

### What will my skin look like after a treatment?

Most microdermabrasion systems will leave the patient red with irritated skin for a period of two to 24 hours. This is typically a result of exposure to aluminium oxide. However, used in conjunction with LED Light Therapy the irritations and redness disappear extremely quickly. Your skin will have a vibrant healthy appearance as well as an incredibly smooth texture.